

LAGUNA**BEACH**SENIORS



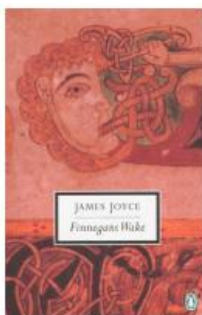
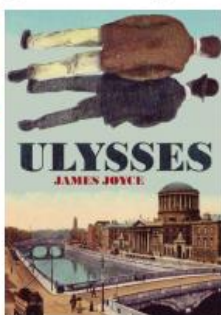
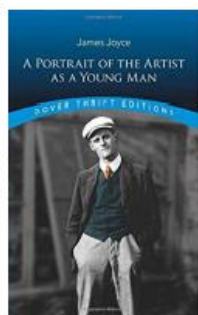
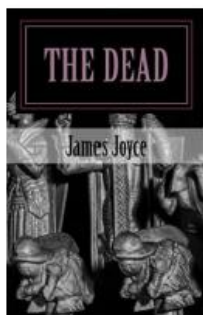
Susi Q Monthly Catalog December 2018

380 Third Street Laguna Beach, CA 92651
(949) 464-6645 www.thesusiq.org

Updated 11/29/2018

THE WORKS OF JAMES JOYCE

With returning instructor Margot Norris, Ph.D – UC Irvine
Chancellor's Professor of English & Comparative Literature



WED | JAN 16, FEB 20, MAR 20 & APR 17

1:00-3:00pm | FREE

The Susi Q Senior Center | 380 Third St., Laguna Beach



Explore these masterworks! The four sessions of this course will focus on four different titles, beginning with a James Joyce Introduction and Joyce's "The Dead"; "Portrait of the Artist as a Young Man"; Three chapters of "Ulysses"; and Sections of "Finnegans Wake". Each session consists of an illustrated lecture and discussion, and the separation of a month between the classes allows for ample time to read the works.

Registration is recommended.

Visit or call the front desk at 949-464-6645.

LAGUNA BEACH SENIORS AT THE SUSI Q

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Laguna Beach Seniors at the Susi Q

operates independently as a 501c(3) nonprofit in collaboration with the City of Laguna Beach, and provides supportive programs, classes, services, seminars, activities, and new opportunities for adults 55+. The Susi Q is also the heart of an ambitious vision called

Lifelong Laguna

a community and a nonprofit working together to make the town we love a better place for the rest of our lives.

Staff Directory

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“GOTTA DANCE!”



MONDAYS | 1:30-2:30PM
\$7/class | Intermediate

Join **Candis Davis** weekly for ballroom dance class
and learn everything from slow to quick to ballroom and Latin.

You'll learn a new dance every month.

No partner needed.



GALLERY Q 2019: CALL FOR ARTISTS

Gallery Q is pleased to announce a Call for Artists for "New Beginnings", the first exhibition of the 2019 season. Join us in celebrating a new year with works of art that are new adventures for you as an artist – a new art form, new subject matter, new medium or technique – along with any artistic interpretation that communicates "New Beginnings". All styles and mediums will be accepted including collage, paintings, drawings, sculpture, ceramics, relief, mosaics, jewelry, textiles, photography, digital media, & mixed media.

Accepting Art Thursday, January 10 (10:30 a.m. - 12:30 p.m.) & (5:00 p.m. - 7:00 p.m.)



Gallery Q at THE SUSI Q

EXHIBITION DATES JANUARY 14 – FEBRUARY 22

**ARTIST RECEPTION  FRIDAY, JANUARY 18
5:00-6:30 PM**

EXERCISE & DANCE

BALLROOM DANCING INTERMEDIATE

M | 1:30 - 2:30pm | \$7/class
Intermediate - Waltz, Rumba, Swing,
Watusi, ChaCha. Country two-step,
Fox Trot. No partner required.
Instructor: Candis Davis

EXERCISE A LA SUSI Q

Mind-Body-Balance
M/W/F | 9:00 - 10:00am
\$4/class – *Drop-ins welcome!*
Gentle poses to increase strength and
mobility. No floor exercises.
Facilitator: Wayne Lawrence

COMPUTERS

COMPUTER ASSISTANCE

TH | 12:00-3:00pm | FREE
Drop in for one-on-one PC &/or MAC
assistance with your laptop, smart
phone, or tablet. Check schedule with
front desk. 949-464-6645

APPLE WORKSHOPS

Back in January!

CYBER-SENIOR

W | 12/5 | 9:30-12:00 | FREE
Get better acquainted with modern
technology from Sage Hill School
experts Paige and Madison.
Call 949-464-6645 to reserve your
appointment.

GAMES & SOCIAL ACTIVITIES

BINGO WITH PRIZES!

M & TH | 10:30- 11:30am

BIRTHDAY BINGO

Sponsored by the National Charity
League 3rd W | 10:30-11:30am | Free

OPEN GAME ROOM

W | 12:30-4:30pm | FREE
American or Chinese Mahjong or
borrow board games at the front desk,
grab a few Friends and enjoy while at
The Susi Q!

MONDAY AT THE MOVIES

M | 12:30 - 3:00pm | FREE
Check the front desk or our website for
scheduled movies. Free popcorn and
lemonade!

THURSDAY MOVIE CLASSICS

12:30-3:00 | FREE
See flyer for dates and movie!

LIBRARY LOUNGE

M-F | 9:00am - 3:00pm
The quiet heart of the Susi Q has
newspapers and magazines and books
to borrow.

TABLETOP TREASURES

M | 9am – 12:00 pm
2nd & 4th Monday
Fabulous recycled treasures for sale at
bargain prices. Proceeds benefit Bingo
and the Laguna Beach High School
Scholarship fund.

CLASSES & PRESENTATIONS

MODERN BEGINNER BRIDGE

Tu | 10/23-11/27 | 9-11am
\$90/6-week series
Instructor: Jane Dober,
Gold Life Master

BRIDGE: DROP-IN SUPERVISED PLAY & LEARN

For advanced beginner to experienced players.
F | 9/12-12/14 | 9-11am
\$15/class
Instructor: Jane Dober,
Gold Life Master

SHAKESPEARE READING CIRCLE

Th | 12/6 | 12-1:30pm | FREE
Instructor: Julia Lupton, PhD

UKULELE ACADEMY

Play Along for All Levels:
W | 10:15-11:15am | FREE (ongoing)

Intermediate:
W | 9/12-12/12 | 9-10am | \$7/class
Instructor: Tom Joliet

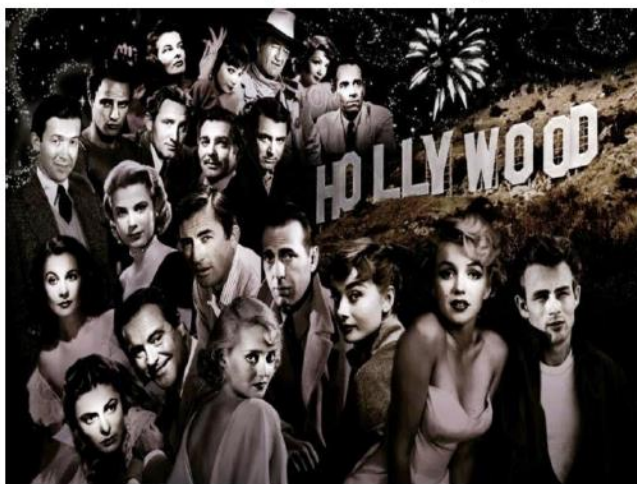
Beginner to Advanced Beginner:
W | 9/12-12/12 | 9-10am | \$7/class
Instructors: Jeff Eile, Mark Kohls & Jeff Heileson

FALL PREVENTION "IT'S A MATTER OF BALANCE"

Tu | 11/13-12/18 | 1:30-2:30pm
\$72/6 week series
Physical therapists: Jacque Alm, PT
and Lisa Reich, PTA

Susi Q Movie Classic Thursdays

2nd & 4th Thursday | 12:30—3:00p.m. | FREE



CLUBS

(Facility use fee may apply)

ANCESTRY CLUB

W | 3:00-5:00pm
Facilitator: Beth Sand
elizasand@aol.com

ART-A-WEAR

1st W | 10:00-Noon
Facilitator: Wanda Matjas
wetewe@cox.net

BOOK CLUB

1st TH | 3:00-5:00pm
Facilitator: Phyllis Wilson
marthalouise44@gmail.com

DROP-IN RUBBER BRIDGE

TU | 11:00am- 2:00pm
Facilitator: Kathy Olivier
kathyolivier@gmail.com

CHICAGO BRIDGE

M | 11:45-3:00pm
Facilitator: Kathy Olivier
kathyolivier@gmail.com

CLUB Q LAGUNA

1st & 3rd F | 3:00-5:00pm
A social group for Laguna's LGBT
community and friends.

CONTEMPORARY SHORT STORY SEMINAR

2nd & 4th TU | 2:00-4:00pm
Registration required. Contact Alison
King, Ph. D. for more information:
(714) 608-1322 or email her
at: aking@csusm.edu

PERSIAN CLUB

TU | 2:00-4:00pm
Bringing people together interested in
Persian culture, history & language.

WRITERS WORKSHOP

TH | 12:00-3:00pm | FREE
A weekly supportive workshop for
writers at various stages of
development. Contact Ed for more
information at eashaw@cox.net.

NEEDLE ARTS GUILD

Last Friday | 1:00-3:30pm | FREE
Contact facilitator Lisa Triebwasser at
ltriebwasser@cox.net for club details.

INTERPRETING CURRENT EVENTS

F | 9:30- 11:30am
Bring an article to discuss with the
group! Contact facilitator Bill Allen at
collector11@cox.net

SCIENCE AND SOCIETY DISCUSSION GROUP

1st & 3rd TH | 10:00am- Noon
Pre-registration required. Contact
Alison King, Ph.D. @ (714) 608-1322
or aking@csusm.edu.

TED TALKS

1st & 3rd TU | 10:00am-noon
Contact Al @
(949) 637-7541 if you'd like to join.

TABLE TENNIS (PING PONG)

M & W | 12:30-4:00pm
F | 12:30-2:30pm
SAT | times vary
All levels of play are welcome – men
& women. Equipment available for
loan. \$25 annual fee.

TEA TIME AT THE SUSI Q

F | 11/30 | 2-3:30pm | *Club Fees apply*
In true tea party fashion, come and
enjoy a variety of tea and sweets and
most important good conversation with
friends – new and old.

SUPPORT GROUPS

ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

1st W Monthly | 1:30-3:30pm

We informally discuss strategies for handling our loved ones with Alzheimer's and Dementia. For information, call (949) 715-8104

DEATH CAFE

Last Monday | 3:30-5:00pm

A safe place to share your feelings, your concerns and your heart about end-of-life issues. Donations appreciated. Facilitator: Dr. Andrea Deerheart, Ph.D. For more information email: deerheart@theheartway.org

HEART TO HEART SUPPORT GROUP

M | 10-11:30am | FREE

Support group where concerns, coping skills, and helpful tips can be shared. Facilitator: Kay Wenger. Newcomers please contact Care Manager Martha Hernandez at (949) 715-8104.

SUPPORT GROUP FOR CHRONIC ILLNESS

2nd, 3rd, 4th & 5th Tuesday monthly
10:00 - 11:30 | FREE

A brand new support group open to individuals over 50 touched by any serious health related issues..

Facilitator: Sandra Weiss Ph.D. For more information call 949-499-5293

LAGUNA BEACH SENIORS MEN'S GROUP

F | 11:00 - 12:30pm

Offering men over 50 an opportunity to receive support with general stress of everyday living. For information, call (949) 715-8104



ASSISTANCE PROGRAMS

CARE MANAGEMENT

M-F | 9:00am-5:00pm | FREE

Providing linkage to resources that promote safety and quality of life.

For appointment,
call (949) 715-8104

ESTATE PLANNING ADVICE

3rd TH | 12:00-2:00pm | FREE

Local Attorney Leslie Daff answers questions on estate planning, probate, and trust administration and to notarize financial powers of attorney, advanced health care directives, HIPAA authorizations, and trust amendments.

For appointment, call (949) 464-6645

HEALTH INSURANCE COUNSELING (HICAP)

1st M | 9:00am-12:00pm | FREE

Provides assistance to make informed decisions about health care coverage, Medicare benefits and supplemental insurance plan options. Sponsored by the Council on Aging.

For appointment, call (949) 464-6645

HEARING SCREENINGS

2nd TH | 1:30-3:30pm | FREE

Screenings by Dr. Rose Marie Davis, Audiologist. For appointment, call (949)464-6645

LEGAL CLINIC (55+ FREE)

2nd M | 9:00am-2:30pm

Jane Fulton, Seaside Legal Services. For appointment, call (949) 715-8104

FEELING THE BLUES COUNSELING

Schedule a one-on-one session with a mental health professional.

Donations are appreciated. For appointment, call (949) 715-8104

SENIOR TRANSPORTATION

SALLY'S FUND VAN

M-F | 8:30am- 5:00pm

(949) 499-4100

Transportation to the Susi Q Center's lunch and programs, local businesses, Laguna Food Pantry and "Afternoons Out" to discount stores. Donation or waived based on ability to pay.

SALLY'S FUND CAR

M-F | 8:30am-5:00pm |

(949) 499-4100

Medical appointments within 40 miles of Laguna Beach. Deliveries of personal shopping and groceries. Donation or waived based on ability to pay.

JEWISH FEDERATION & FAMILY SERVICES SILVER STREAK SENIOR TRANSPORTATION

More information and application:

(949) 435-3460

LAGUNA BEACH TRANSIT

20-ride Punch Bus passes (65+): \$6 or free to low income seniors

Available at the Community Center front desk, M-F, 9:00am-3:00pm

I.D. and proof of residency required at time of purchase. (949) 464-6645

OCTA'S ACCESS

PARATRANSIT SERVICE

For people who can't use regular bus service and meet ADA criteria.

Eligibility help desk: (714) 560-5956

AGE WELL SENIOR SERVICES

MEALS ON WHEELS

For those 60+ living at home and unable to prepare meals.

Call (949) 715-5462

LUNCH PROGRAM

M- F | 11:30am-12:30pm

\$6.00 for under 60; 60+ suggested donation \$4.50. Menus are posted at the front desk and on our website.

(949) 715-5462

MEDICAL TRANSPORTATION

Free from Laguna to and from both Mission Hospital campuses. Other medical facilities in South County for \$2 each way. Call (949) 855-9766

Make a Plan to Age in Place with Lifelong Laguna.

WHY LIFELONG LAGUNA?

Age safely at home and in your hometown
Enjoy more socialization and personal satisfaction
Get the assistance you need from the right people

WE CAN HELP YOU

Schedule a home modification evaluation
Connect to health care, caretakers or counselors
Access and learn technology to stay closer to family and friends
Shop, socialize and move around more easily
Make contact with trusted financial, legal or real estate advisors
Need anything else? Let's talk.

WE WILL COME TO YOU

No cost – no commitment
All services are personalized and confidential



JOHN FAY, MSG
Lifelong Laguna Program Specialist

Learn more about this new program, and how it can help you or your family members remain in the hometown we all love. Reach out to **John Fay, MSG** for more information by stopping by the front desk, calling him directly at **949-715-8107** or emailing johnfay@thesusiq.org.



A PROGRAM OF LAGUNA BEACH SENIORS AT THE SUSI Q

Susi Q Senior Center | 380 Third Street, Laguna Beach 92651 | thesusiq.org